

Avila Wellbeing Journal

Brought to you by

AVILA
SPACES



ALEXANDRA
FRANCO

CORPORATE WELLBEING

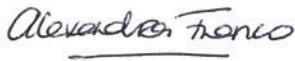
Welcome to your wellbeing Journal
This is a place to pause and reflect about your life.

Within these pages there is no pressure, no judgment. You just need to be yourself. This is a space to take notice of your feelings, your thoughts, your energy and the various areas of your life.

You will find a Wheel of Life with your life areas, and you are invited to mark down the level of energy in each one, in the beginning of the month, then you will create a graph, connecting the dots. The objective is to follow your energy across the year, and see how you can change what you need to improve, with defined goals.

Wellbeing is not about fixing yourself, it's about being present and listening to yourself with kindness and curiosity. There is no right way to use this journal, only your way.

Take your time. Be honest and gentle with yourself.

A handwritten signature in black ink that reads "Alexander Franco". The signature is written in a cursive, flowing style. Below the signature, there is a thin, horizontal black line.

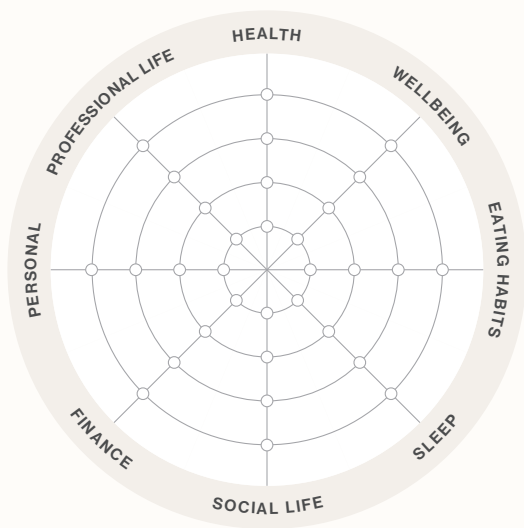
Avila Spaces Wellbeing Advisor

JANUARY

**I am stable, I am grounded. I build good foundations
for my life, my career and my relationships.**

Wheel of Life

Energy Tracker – How I feel my energy in the beginning of the month



Monthly Professional/Personal Goals

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

“The secret of success in life is constancy to purpose”

Benjamin Disraeli

Every new year is a new opportunity to write a new chapter of your story, and to start focusing on our wellbeing.

In this journal you will have opportunity to put on words your goals and how you plan to achieve them.

JANUARY

Journaling

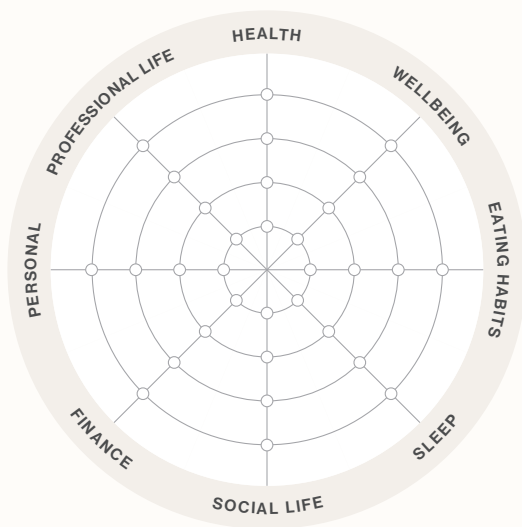
[illegible]

FEBRUARY

I think positive. My mindset is strong yet flexible. I create a beautiful world with my thoughts, words and actions.

Wheel of Life

Energy Tracker – How I feel my energy in the beginning of the month



Monthly Professional/Personal Goals

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

“Presence is the Present”

When we focus only on performance instead of being in the moment, we miss what's actually unfolding around us.

“Presence is the Ultimate Luxury”

FEBRUARY

Journaling

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

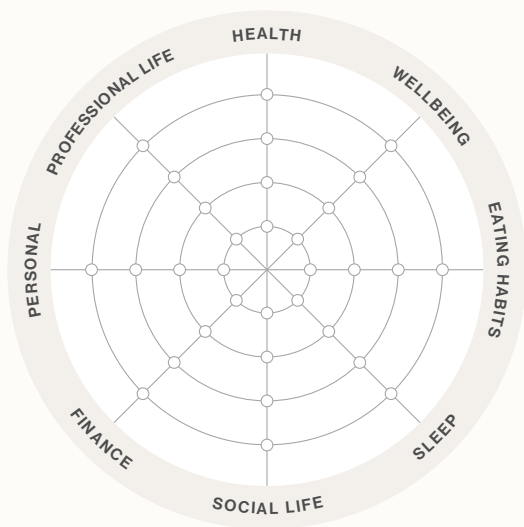
NOTES

MARCH

I am alive, active, healthy and happy. I radiate joy and my positivity is contagious. I am generous and helpful.

Wheel of Life

Energy Tracker – How I feel my energy in the beginning of the month



Monthly Professional/Personal Goals

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

Choose Your Workspace Intentionally

- Coworking spaces offer variety, use it to your advantage.
- Move between quiet zones, collaborative areas, and phone booths depending on your tasks.
- Seek out natural light and comfortable seating to improve mood and productivity.
- Personalize your chosen desk with minimal items to create a sense of ownership and calm.

MARCH

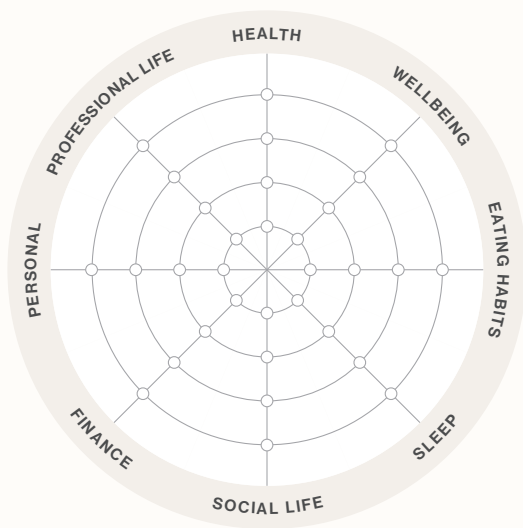
Journaling

APRIL

**I am relaxed and open. I am well-intentioned,
nurturing and supportive. I love and I am loved.**

Wheel of Life

Energy Tracker – How I feel my energy in the beginning of the month



Monthly Professional/Personal Goals

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

Establish a Gentle Routine

- In coworking environments where people come and go, a grounding routine helps create structure.
- Start your day with a short ritual, stretching, journaling, or mindful breathing.
- Block off focus periods and move to quieter spaces during those times.
- Set a consistent end-of-day habit to transition out of work mode.

APRIL

Journaling

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

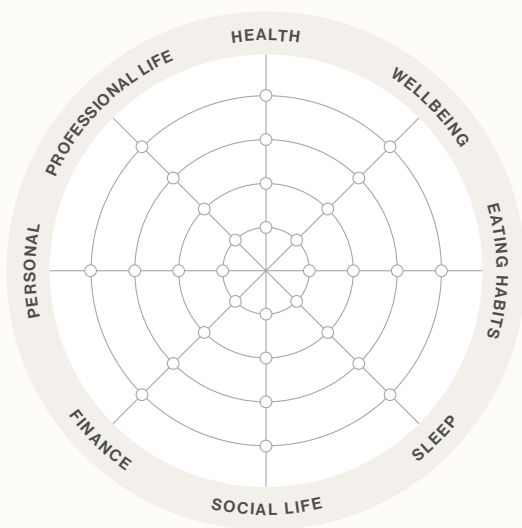
NOTES

MAY

**I take responsibilities for my life. I am stable and reliable.
I honor my commitments. I take good care of myself and others.**

Wheel of Life

Energy Tracker – How I feel my energy in the beginning of the month



Monthly Professional/Personal Goals

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

Use Movement to Break Up the Day

- Shared offices often provide opportunities for informal movement.
- Take advantage of open areas for brief stretches or walking calls.
- Join any onsite fitness or yoga classes your coworking space may offer.
- Take stairs instead of elevators when possible.
- A moving body supports a sharper, calmer mind.

MAY

Journaling

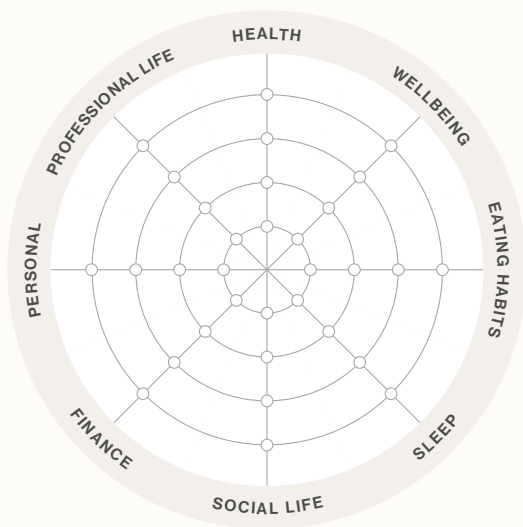
[illegible]

JUNE

**I communicate easily and lovingly. I'm open-minded.
I express myself freely and authentically. I walk my talk.**

Wheel of Life

Energy Tracker – How I feel my energy in the beginning of the month



Monthly Professional/Personal Goals

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

Practice Mindful Noise Management

- Coworking spaces can get noisy, planning around sound is key to wellbeing.
- Keep noise-cancelling headphones at hand.
- Use soft background music or white noise to maintain focus.
- Relocate when the environment becomes too distracting, embrace flexibility.

JUNE

Journaling

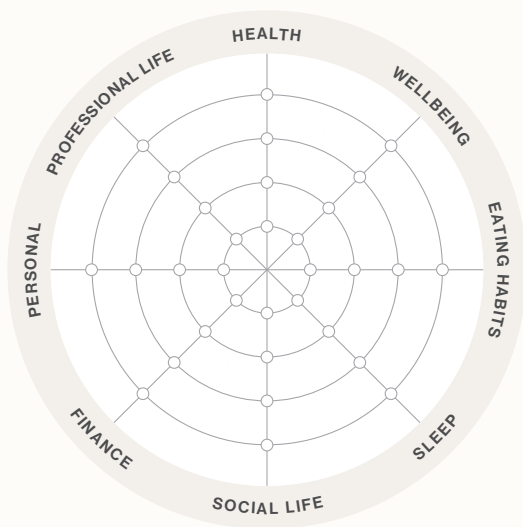
This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

JULY

I give and I receive generously. I listen with my heart.
I am kind, receptive, nurturing and emotionally strong.

Wheel of Life

Energy Tracker – How I feel my energy in the beginning of the month



Monthly Professional/Personal Goals

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

Nourish Yourself Smartly

- Healthy eating can be challenging when surrounded by cafés, pastries, and long working hours.
- Pack balanced snacks to avoid reliance on sugary quick fixes.
- Hydrate consistently, coworking spaces offer filtered water stations, coffee, tea, and aromatic waters.
- Choose seating away from high-traffic kitchen zones if food smells are distracting.

JULY

Journaling

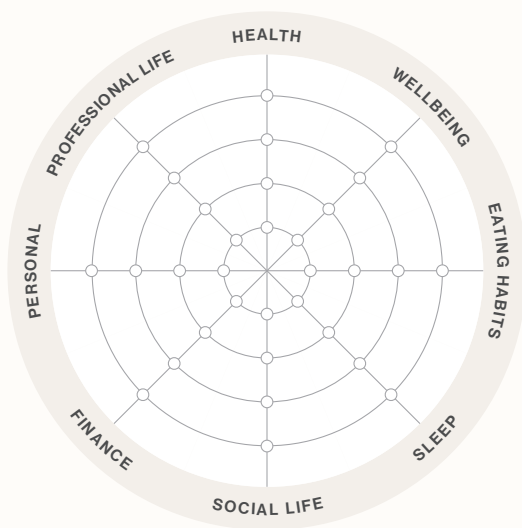
[illegible]

AUGUST

I am smart, open and outgoing. I love to play the game of life. I am confident, welcoming and fun to be with.

Wheel of Life

Energy Tracker – How I feel my energy in the beginning of the month



Monthly Professional/Personal Goals

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

Build Meaningful Community Connections

- Coworking is unique in its blend of independence and community.
- Attend social events, workshops, or wellness sessions offered onsite.
- Introduce yourself to new people — quick chats can spark creativity and connection.
- Join interest-specific groups (e.g., sports, book club, networking, job opportunities, etc).
- Meaningful interactions counter isolation and boost wellbeing.

AUGUST

Journaling

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

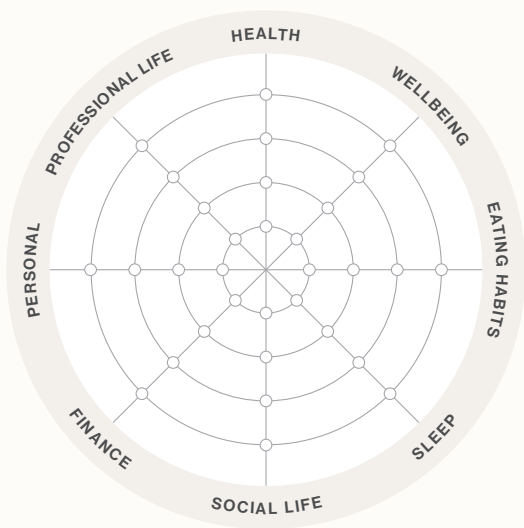
NOTES

SEPTEMBER

I am rooted in my truth. I plan my life and business. I serve the world with my talents and skills. I am caring and cooperative.

Wheel of Life

Energy Tracker – How I feel my energy in the beginning of the month



Monthly Professional/Personal Goals

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

Protect Your Boundaries

- Shared spaces require intentional personal boundaries.
- Communicate clearly when you're in focus mode, headphones often serve as a polite signal.
- Use meeting rooms or phone booths for calls to protect your focus and respect others.
- Set time limits on coworking socializing to avoid productivity dips.

SEPTEMBER

Journaling

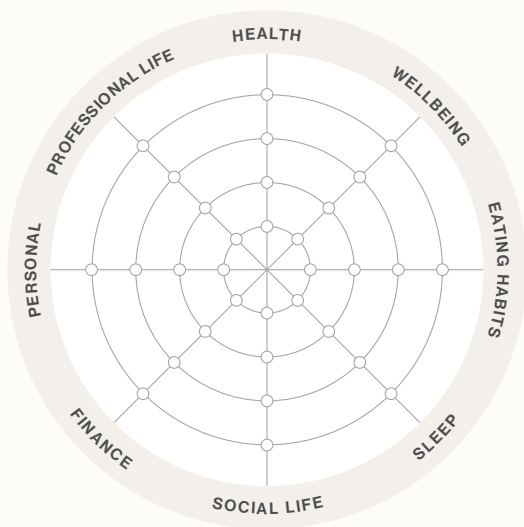
[illegible]

OCTOBER

**I am beautiful in and out. I am grateful, tactful, elegant.
I balance work, life and play. I have harmonious relationships.**

Wheel of Life

Energy Tracker – How I feel my energy in the beginning of the month



Monthly Professional/Personal Goals

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

Embrace the Mental Health Benefits of Variety

- Coworking spaces naturally support wellbeing when used mindfully.
- Switching environments can reduce monotony and improve creativity.
- Seeing others work can provide motivation and a sense of shared purpose.
- Participating in wellbeing-oriented programs (meditation, workshops) creates a balanced, holistic work rhythm.

OCTOBER

Journaling

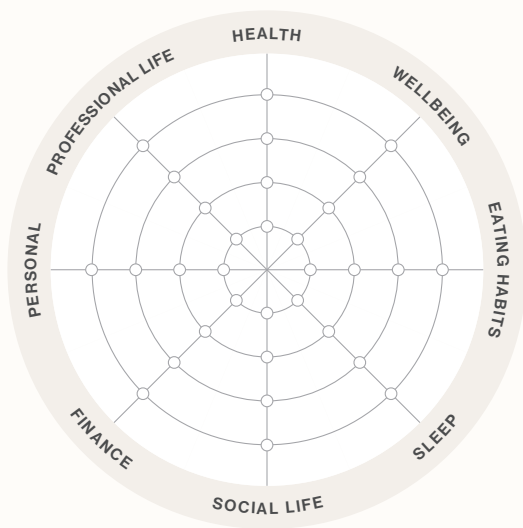
This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.

NOVEMBER

**I am persistent and strategic. I know how to resource myself.
I meditate and replenish as I move forward in my life journey.**

Wheel of Life

Energy Tracker – How I feel my energy in the beginning of the month



Monthly Professional/Personal Goals

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

Use Movement to Break Up the Day

- Shared offices often provide opportunities for informal movement.
- Take advantage of open areas for brief stretches or walking calls.
- Join any sports or meditation sessions your coworking space may offer.
- Take stairs instead of elevators when possible.

NOVEMBER

Journaling

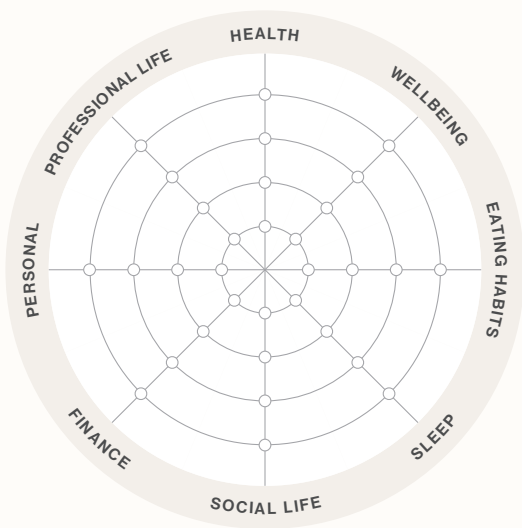
[illegible]

DECEMBER

**I enjoy life. I am wild and free. I do things my way.
I thrive and I spread good vibes around me.**

Wheel of Life

Energy Tracker – How I feel my energy in the beginning of the month



Monthly Professional/Personal Goals

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

Honor how far you've come this year — not just the wins, but the resilience it took to keep going, and be gentle if you didn't achieve them all, a new year is starting and you can keep moving through them.

DECEMBER
Journaling

[illegible]

Reflect on the Past Year

Look back with curiosity, not judgment.

What energized me this year?

What drained me this year?

What did I learn about myself?

2027 IS COMING

let's make it a year to remember

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

STEPS _____

STEPS _____

STEPS _____

A journey of a thousand miles begins with a single step.

If you feel inspired to continue this journey of balance and self-care, we invite you to join the wellbeing activities at Avila Spaces. Feel free to contact our Community Manager or follow our events at www.avilaspaces.com.

AVILA
SPACES



ALEXANDRA
FRANCO

CORPORATE WELLBEING